Diabetes Awareness

1 in 8 adults in Hawai‘i has diabetes. Are you one of them?

Look Inside for:

• November - January class schedule
• Diabetes Risk Test - are you at risk?
• ‘Ono recipes for this holiday season
A message from our Board of Directors

Aloha kākou,

Diabetes impacts all of us. If we don’t have it, chances are a close family member or friend has diabetes. When do we really know we have it? Sometimes a family member has it so we know to check with our doctor. For me, there was no one. How did I find out that I had diabetes? I was sick with gallbladder attack and needed to have surgery. They found my sugar count was so high, so my doctor started to do more tests: urine tests, blood work, and heart tests. All of this took place about 43 years ago. I was told I needed to take care of myself and eat the right kind of food. I was on the Board of Hui Mālama Ola Nā ‘Ōiwi when we were on Railroad Avenue. They were going to start a diabetes class so I joined the class. I learned what I should eat, how much, and how to cook my food. They also took my A1C test and helped me with all my questions. I took my test results to my doctor and she started me on my medicine. First, I had to get my weight down. It took me a long time but I did it, losing about 25 pounds. Second, I continued to educate myself. I took all the classes that Hui Mālama offered. Today, I am living a good life at 77 years old and still working. So people, take care of yourself, check with your doctors, and look to Hui Mālama for help. Mahalo nui loa,

Mabel De Silva - Chair

A message from our Executive Director

Aloha mai kākou,

November is Diabetes Awareness Month. Are you aware that, according to the American Diabetes Association, approximately 1 in 8 adults in Hawai‘i has diabetes? While that number is far too high, what really concerns me is that 46,000 do not know they have diabetes. Are you one of those 46,000? I was diagnosed with diabetes about 20 years ago. I did not have any major health concerns at the time, but the doctor found the diabetes after running some routine blood tests. If I hadn’t gone to my appointments and been proactive in my health, how long would I have been living with diabetes and not known it?

Once I knew I had diabetes, I made some changes, but nothing that drastically changed my quality of life. I take my medication as prescribed. I eat healthier... more fruit and vegetables. And I make sure to see my doctor at least quarterly to do routine tests and keep an eye on my health. Some cases are not as simple as that. I have friends living with diabetes who developed kidney disease. As a result, they must get dialysis treatment on a regular basis. Often, this is four hours of treatment three times a week.

I have friends who have lost limbs to the disease. And I have friends who have lost their lives to diabetes.

I share this not to scare you, but to get your attention. Diabetes is so prevalent in our state, among our families, both keiki and adults. We need to pay attention and take preventative measures. Simple ways to reduce risk of type 2 diabetes are to eat healthier and exercise regularly. If you already have diabetes, you can still live a healthy, active, and happy lifestyle. Hui Mālama Ola Nā ‘Ōiwi is here to help. We offer a free diabetes management class, diabetes support group, and several other health programs to help our community live a healthier life. Come see us. (808) 969-9220. Mahalo nui loa,

Louis Hao - Executive Director

Hui Mālama Ola Nā ‘Ōiwi
Hawai‘i Island Health Care System
Live Longer & Feel Better, Together

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Become a member today!
Take advantage of Hui Mālama Ola Nā ‘Ōiwi health services. Just visit: HMONO.org/register

Printing of Olakino provided by the Kamehameha Schools East Hawai‘i Region
## Health Education

**NEW! - Tobacco Cessation Classes**, a 6-week program

### Kaʻū Tobacco Cessation Class
November 1, 8, 15, 20, 30, & December 6
9:00am, Kaʻū District Gym

### Hilo Tobacco Cessation Class
November 2, 9, 15, 19, 30, & December 7
2:00pm, Hui Mālama Office

### Diabetes Support Group
Tuesday, November 6, 5:30-7:00pm, Hui Mālama Office
Tuesday, November 20, 1:00-2:30pm, Hui Mālama Office

### Cancer Support Group
Tuesday, November 13 & 27, 5:30-7:30pm, Hui Mālama Office

### Exercise & Fitness
**Basic Stretch & Strengthening**
Tuesdays & Thursdays, 10:30am Malia Puka O Kalani Church Gym in Keaukaha

**Basic Stretch & Strengthening in Kaʻū**
Wednesdays, November 7, 14, & 28, 9:30am Naʻalehu Community Center

### Zumba
Friday, November 9, 10:00am, Hui Mālama Office
Mondays & Wednesdays, 5:30pm, Malia Puka O Kalani Church Gym

### Therapeutic Yoga
Tuesdays & Thursdays, 5:00pm, Malia Puka O Kalani Church Gym

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### Schedule

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<tr>
<th>Hui Mālama Ola Nā ʻOiwi</th>
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Schedule subject to change. To sign-up, please call or visit us online today!

[hmone.org/classes](http://hmone.org/classes)
Out in the Community

Here is some of what Hui Mālama Ola Nā ‘Ōiwi is doing to help our Hawai‘i Island ‘ohana Live Longer and Feel Better, Together. Come join us for upcoming events and classes!

Ola Hou I Ka Hula Hypertension Class
Kumu Hula Lorie Lei teaching class participants how to kāholo during Ola Hou I Ka Hula Hypertension class on October 10.

Diabetes Support Group
Po‘okela Ikaika Dombrigues shared his mana‘o about various different la‘au during the October 16 Diabetes Support Group meeting.

Breast Cancer Awareness Month

Pink Out 5k Color Run
Debbie Kenui, Rosilyn Handy, and Sweetie Osorio decked out in pink to promote breast cancer awareness during the Pink Out 5k Color Run on October 13 at the Ho‘olulu Complex in Hilo. Attendees also had fun with some zumba!

Party in Pink
Zumba Fitness Hawai‘i hosted its annual Party in Pink Zumbathon to promote breast cancer awareness on October 20 at the Kea‘au Shipman Gym.

Be part of a healthy Hawai‘i Island!

Support
Hui Mālama Ola Nā ‘Ōiwi
health services and education today!

Monetary Donations
Visit hmono.org/donate to donate and learn more. You can also bring or mail your donation to:
Hui Mālama Ola Nā ‘Ōiwi
1438 Kilauea Avenue
Hilo, HI 96720

Non-Monetary Donation
We graciously accept non-monetary donations in the form of health education tools, office supplies, and a variety of items to be used for programs. Please contact us to begin a discussion about your non-monetary contribution.
(808) 969-9220

Volunteer
Volunteer opportunities range from helping with educational classes, to office tasks, to assisting at community health fairs. Call or visit us online to learn how you can help!
hmono.org/volunteer
Grow Your Own Lā‘au

The Grow Your Own Lā‘au (GYOL) program was launched in June 2017 in an effort to teach community members how to grow Lā‘au (plants) at home. Participants are provided a Plant Resource Guide that covers propagation, cultivation, pest and disease, harvesting, agroforestry, and health properties of selected plants. We are excited to share that this coming season of Grow Your Own Lā‘au classes, we will be expanding the Resource Guide with five new plants.

- Nonī
- Kukui
- Kalo
- Pōpolo
- Kī

In addition to these five, the guide will still include the original five local plants for participants to learn about:

- ‘Ōlena
- Ka‘ukama ‘awa‘awa
- Ko‘oko‘olau
- Lūkini
- Māmaki

The Grow Your Own Lā‘au program is led by Matthew Kaho‘ohanahano, a Maui-born native who is passionate about self-sustainability and wants to share his knowledge with others.

Call (808) 969-9220 to join us for our upcoming Grow Your Own Lā‘au classes!

HILO - Saturday, December 8, 2018
- Hui Mālama Office • 10am - 12pm

KOHALA - Saturday, December 15, 2018
- Kohala Intergenerational Center • 10am - 12pm

WAIMEA - Saturday, January 12, 2019
- Tutu’s House • 10am - 12pm
In its 18th year, Ladies’ Night Out continues to promote health awareness and appreciation for the women of Hawai‘i island. This special event is a tribute to Ms. Nancy Everett, a registered nurse who worked closely alongside Hui Mālama Ola Nā ‘Ōiwi until her untimely passing in 2000. Her valuable guidance and consultation helped Hui Mālama Ola Nā ‘Ōiwi provide women and children opportunities for health awareness and care.

Mahalo to all the women for attending, our service providers and volunteers for their time, our donors for their generosity, and the County of Hawai‘i for use of the Afook-Chinen Civic Auditorium. It was a great evening and we look forward to the 19th Annual Ladies’ Night Out!
Mahalo to our donors:
- Aloha Grown
- Big Island Candies
- Big Island Delights
- Bubba Gump Shrimp Co.
- Caroline Kekuaolua
- Colleen Auld-Aviles
- Creative Arts
- Dawn Hao-DeMotta
- Dezigns by Kamohoali'i--Micah Kamohoali'i
- Elks Club
- Hawai'i Community College Culinary Arts Department
- Hawai'i Food Alliance
- Hilo Hawaiian Hotel
- Hilo Medical Center
- HMSA
- HPM Building Supply
- Kenneth Lee Nursery
- Kesa House of Pancakes
- KTA Super Stores
- Kuhio Grille
- Liko Lehua
- Lili'uokalani Trust
- Mary Kay
- Mastercuts
- Mauna Kea Beach Hotel
- Mauna Loa Macadamia Nut Corp.
- Meadow Gold Dairies Hawaii
- Millie's Deli & Snack Shop
- Ohana Health Plan
- Ponds Hilo-Dining On The Edge
- Punalu'u Bake Shop
- Renee's Hairstyling
- Salon Kris
- Simply Sisters - Regina "Lola" Miller
- Skin Sense Hawaii - Dale Pregil
- Studio 58
- Supercuts - Hilo
- TD Food Group, Inc.
- The Most Irresistible Shop In Hilo
- UnitedHealthcare Community Plan
- University of Hawai'i Hilo Athletics
- Verna's Drive-In III
- Yoga Centered
- YWCA of Hawaii Island Healthy Families Program
- Zippy's Restaurants

Mahalo to our service providers and volunteers:
- A Cut Above
- Afe Filemoni
- Aloha Care
- Aunti Sandi's Human Resources Class
- Avon
- Bay Clinic Inc
- Benjamin Brown
- Blue Velvet Senior Group
- Blue Zone Project
- Cedrick Freitas
- Desiree Cruz
- DoTerra Essential Oils
- Doug Scott
- Fa'atali Fai'ai
- Glen Phillips-Panui
- Hawai'i Acupuncture Response Team
- Hawai'i Island HIV/AIDS Foundation (HIHAF)
- Hilo Medical Center
- HMSA
- Hula Sisters
- Ikaika Dombrigués
- Jaylynn Jitchaku
- Jaymie Kalawe
- Jennie Maikui
- Jeremiah Jake Justensen
- Jessica Arruda
- Justin Texeira
- Kainoa Scott
- Kamaile Puluole-Mitchell
- Kaula Haumea's Healing Hands and Heart
- Kawika Osorio
- Kea'au High School Letterman's Club
- Kimo Miller
- Koa Yamashita
- LeeAnn Lindsey
- Lei Andrade
- Lili'uokalani Trust
- Linda Griffin
- Makana Middlesworth
- Mālama Ka Pili Pa'a
- Mary Kay
- Massage by Tim
- MasterCuts
- Meadow Gold Dairies of Hawai'i
- MedQuest

Mahalo to our sponsors.
This event was made possible through funding from the County of Hawai'i and the Health Resources & Services Administration.
Diabetes in Hawai‘i

According to the American Diabetes Association, approximately 13% of Hawai‘i adults have diabetes and alarmingly, over 41% have prediabetes. Having prediabetes means that you are at risk for type 2 diabetes and that your blood glucose level is higher than normal, but not high enough to be diagnosed as diabetes. The good news is that prediabetes can be reversed and you can prevent the onset of type 2 diabetes. This means that those with prediabetes should speak with their doctor to develop a plan that may include a change in diet and physical activity.

Want to know what your risk level is for being diagnosed with diabetes? Take the American Diabetes Association risk test on page 9!

Type 1 and Type 2 Diabetes

Having type 1 diabetes means that your body does not produce insulin. While type 1 is often thought of as a childhood disease, it can be found at any age.

Having type 2 diabetes means your body does not produce enough insulin or your body develops a resistance to insulin. 90% of people who have diabetes have type 2 diabetes. What does insulin do for the body and why is it so important? Insulin is a hormone that allows the body to use glucose (sugar) from the food you eat and turns it into energy or stores it for future use. Insulin also regulates your blood sugar level from getting too high (hyperglycemia) or too low (hypoglycemia).

With proper management, those living with type 1 or type 2 diabetes can live a healthy life. As the American Diabetes Association explains, "With the help of insulin therapy and other treatments, even young children can learn to manage their condition and live long, healthy lives." (Source: diabetes.org)

What can you do to reduce the risk of type 2 diabetes?

Nutrition and physical activity have a big impact on the body’s ability to produce and use insulin as intended. If you overload your body with too much sugar, it makes it difficult for what little insulin your body has to move the glucose from the blood and into your cells for energy or storage. Physical activity helps to lower your risk of type 2 diabetes by keeping your blood glucose at an optimum level. The American Diabetes Association recommends that we get about 30 minutes of physical activity per day. Haven’t been physically active in a while? Start out with 5 to 10 minutes of activity a day and increase your time each week. Keeping a record or journal of your meals and activity can help you stay on track with your goals.

A key part of prevention is knowing your numbers and visiting your doctor. If you complete routine screenings as recommended, you may catch health issues earlier and reduce the chance of developing worse conditions.

Diabetes Management

Know Your Numbers

You may hear it all the time, but make sure that you know your numbers! What does that mean? This means that you keep track of your daily blood sugar readings, do the A1C test as recommended by your doctor, check your blood pressure, and have your blood cholesterol checked at least once a year.

One of the best ways to ensure that your diabetes is under control is checking your own blood sugar. You should record this in a daily journal along with foods you eat, physical activity, and anything worth noting (especially stressful situations). This information can help you and your doctor understand if your insulin or other diabetes medications are effective and how physical activity, stress, and the food you eat affect your blood sugar.

Another necessary step in managing your diabetes is to take an A1C test as recommended by your doctor, usually every three months. An A1C test is a test that measures your...
average blood sugar level over the past three months. The American Diabetes Association recommends an A1C of less than 7%.

In addition to checking your daily blood sugar and A1C results, checking your blood pressure when you visit the doctor is a good practice to keep track of your health. According to the American Diabetes Association, about two in three people in the United States who have diabetes also report having high blood pressure. A primary factor in having high blood pressure is the level of cholesterol in your blood. A blood cholesterol test will show how much LDL (“bad”) cholesterol and HDL (“good”) cholesterol is in the blood. It’s important to know that different health conditions can compound or cause other complications. High blood pressure, high blood glucose levels, and high levels of LDL cholesterol are risk factors for diabetes and heart disease.

Being an active participant in your diabetes care is the best way to make sure that your care plan works for you, so don’t be afraid to ask your doctor about proper tests and your numbers.

**Routine Exams and Recommended Care**

Those with diabetes should have regularly scheduled exams to make sure that their eyes, kidneys, and feet remain healthy. You should see your eye care professional at least once a year for a dilated eye exam. High blood glucose levels may make vision temporarily blurry and high blood pressure can exacerbate eye problems.

Taking care of your feet means that you should schedule regular appointments with your podiatrist. In addition, there are several things you can do at home to make sure your feet are healthy. Check your feet every day for red spots, cuts, swelling, and blisters. Using a mirror can help with checking the bottoms of your feet. If you can see and reach your feet, trim your toenails when needed. Setting a time everyday to do routine foot checks is a great way to make sure your feet are in good shape.

How does diabetes affect the kidneys? The kidneys act as a filter that sorts out waste products from the blood. When your blood glucose level is too high, the kidneys work extra hard to filter out waste products and, eventually, the kidneys get worn out. Preventing diabetic kidney disease starts with managing your blood glucose and blood pressure.

**In developing your diabetes care plan with your doctor, make sure to ask about the following components of your diabetes care plan:**

- How and when to check your blood sugar
- When to take your diabetes medicine(s)
- Scheduling regular health checkups
- Ways to cope with stress
- A plan for physical activity
- A meal plan
- A plan for meeting health goals such as managing blood pressure

**Living a Healthy Life with Diabetes**

If living with diabetes, you can still live a healthy and long life. Learning about diabetes, making healthy changes to diet and physical activity, reducing stress, and seeing your doctor as recommended are great steps in managing your diabetes. For more support, read about Hui Mālama Ola Nā ‘Ōiwi diabetes support services below.

**Hui Mālama Ola Nā ‘Ōiwi Services**

**Diabetes Management Class**

Hui Mālama offers Diabetes Management classes to help those with a diagnosis manage their diabetes. Classes are 2.5 hours once a week for three weeks. Participants will learn basic information on diabetes, nutrition, exercise, medication and tools needed for continued management of self-health while living with diabetes.

Call us at (808) 969-9220 to sign-up and join us at any of the following class sessions:

- HILO - Thursdays, November 1 - November 15
- KĀ’Ū - Mondays, November 19 - December 3
- KONA - Tuesdays, December 4 - December 18
- NORTH HAWAI‘I - Mondays, January 14 - February 4

**Diabetes Support Group**

Come join the Hui Mālama Diabetes Support Group to share about your journey, build ‘ohana, receive educational information, and get answers to your health questions.

*When:* 1st and 3rd Tuesday of each month

*Time:* 1st Tuesday meets 5:30-7:00pm

3rd Tuesday meets 1:30-3:00pm

*Where:* Hilo office, 1438 Kīlauea Ave
Are you at risk for type 2 diabetes?

1. How old are you? .................................................................
   - Less than 40 years (0 points)
   - 40–49 years (1 point)
   - 50–59 years (2 points)
   - 60 years or older (3 points)

2. Are you a man or a woman? .................................
   - Man (1 point)
   - Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes? ........................................
   - Yes (1 point)
   - No (0 points)

4. Do you have a mother, father, sister or brother with diabetes? ........................................
   - Yes (1 point)
   - No (0 points)

5. Have you ever been diagnosed with high blood pressure? ..............................
   - Yes (1 point)
   - No (0 points)

6. Are you physically active? .................................
   - Yes (0 points)
   - No (1 point)

7. What is your weight category? ..............................
   - See chart at right.

If you scored 5 or higher:

You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes, a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Native Hawaiians and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).

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If you weigh less than the amount in the left column: 0 points

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The good news is you can manage your risk for type 2 diabetes. Small steps make a big difference in helping you live a longer, healthier life.

For more information, visit us at diabetes.org/hawaii or call (808) 947-5979.

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American Diabetes Association
Giving Tuesday
November 27, 2018

The season for gifting and giving is upon us! Giving Tuesday was founded on the heels of Black Friday and Cyber Monday - two days of much consumption and spending. The day focuses on giving back to our communities. Join this global movement on **Tuesday, November 27** to give back by volunteering your time or donating to a non-profit organization.

A word from our Executive Director

We at Hui Mālama Ola Nā‘Oiwi humbly ask that you consider supporting our agency on this day. Mahalo to our Hawai‘i island community for its continuous support for the past 27 years. It is our pleasure and honor to serve you. Please know that with any donations made, your money goes back into the community in the form of health education and classes in schools, community groups, and open sessions across the island. I think of our Hawaiian traditions and my childhood with the ‘ōpelu. It was a reciprocal relationship: we hānai the ‘ōpelu, feed the ‘ōpelu, and eat the ‘ōpelu. It is a relationship based on mālama and trust. In the same way, your gifts and donations help us to help the community. Thank you for considering donating to our health efforts on the island.

*Mahalo nui loa,*
*Louis Hao.*

Hui Mālama Ola Nā‘Oiwi is a 501(c)(3) nonprofit organization dedicated to improving the health & wellness of Hawai‘i island. Services are offered island-wide and open to the community.

**Ways to Give**

Hui Mālama Ola Nā‘Oiwi believes in helping and supporting a healthy Hawai‘i Island community which is why giving to Hui Mālama means giving back to our Hawai‘i ‘ohana.

**Monetary Donations**

Please visit [hmono.org/donate](http://hmono.org/donate) to donate and learn more. You can also bring or mail your donation to:

Hui Mālama Ola Nā‘Oiwi
1438 Kīlauea Avenue
Hilo, HI 96720

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We graciously accept non-monetary donations in the form of health education tools, office supplies, and a variety of items to be used for programs. Please contact us to begin a discussion about your non-monetary contribution. (808) 969-9220

**Volunteer**

Interested in giving back to the community through volunteer work? Join our team today! You can apply as a volunteer online at [hmono.org/volunteer](http://hmono.org/volunteer) or stop by the office to fill out an application.
‘Ono Recipes for the Holidays

Each holiday season, the recipe books come out to create the most ‘ono dishes. Here are a few of our favorites.

Want your recipe to be featured in an upcoming newsletter? Please email us at contact@hmono.org.

**Slow Cooker Portuguese Bean Soup**
Submitted by Hui Mālama Ola Nā ‘Ōiwi staff

1 cup dried kidney beans
8 oz. Portuguese sausage, sliced in small pcs.
1 large onion, chopped
3 celery stalks, sliced
3 carrots, halved lengthwise then sliced
1 large potato, chopped
2 cups chopped cabbage or kale
2 tbsp. chopped parsley
1 8oz. can tomato sauce
2 ½ quarts water
½ cup elbow macaroni, small

In a small pot, bring 2 qts of water to a boil. Add kidney beans. Return to a boil, turn off heat & cover with lid. Let sit for about ½ hour, then drain and remove to a bowl. Saute Portuguese sausage & onion until onion is tender. Place all ingredients (except macaroni) into a 4 qt slow cooker. Cook on low for 10 hours or until vegetables are tender. Skim fat. Add macaroni and allow about 12 min. to cook. Top with more chopped parsley for flavor.

**Homemade Turkey Patty**
Submitted by Mabel De Silva

1 pound ground turkey
1 bunch green onion
1 small round onion
2 slices of wheat bread
2 tbsp. Hawaiian salt
2 tbsp. black pepper
3 tbsp. soy sauce

Brown Gravy
3 cups water
3 tbsp. cornstarch
1 tbsp. brown sugar
1 tsp. Hawaiian salt
1 tsp. black pepper
2 tbsp. soy sauce

In a bowl mix all ingredients together, then cook in cooking oil until brown. Use drippings to make brown gravy. Put 3 cups of water in pan. Bring to a boil; add cornstarch, mixing until it gets a little thick. Add soy sauce, brown sugar, black pepper and Hawaiian salt.

**Coconut Custard Mochi**
Submitted by Marjorie Elia

½ cup of butter
2 ½ cups sugar (granulated)
4 eggs (room temperature)
1 box mochiko (sweet rice flour)
3 tsp. baking powder
1 can coconut milk
1 can evaporated milk
1 tsp. vanilla extract

Beat together butter and sugar. Add eggs and mix well. Add mochiko and baking powder; mix well. Add wet ingredients, coconut milk and vanilla. Mix thoroughly until smooth. Grease and flour 9”x13” pan. Bake at 350 degrees for 1 hour. Cool and cut.
Aloha mai kākou,

I am Aunty Edna and today I want to share with you some tips on how you can talk with your family about living healthy. Are you concerned about a loved one’s health, but not sure how to talk with them about it? Since everybody is unique, there’s not one perfect approach. Rather, it’s about finding the right approach to reach the person you’re talking to. What’s important to remember is that most of our loved ones need a supportive approach, one that offers help and encouragement.

Many people don’t respond well to being ridiculed about their health choices or being told what to do or not do. If you tell somebody not to do something, they’ll likely turn around and do it anyway. It’s basic human nature.

I have found that what works best for me is approaching health conversations simply by talking story. The holiday season provides a perfect opportunity for this. While you’re cooking, try making a recipe a bit healthier with less salt or using a healthy sweetener instead of sugar. While you’re eating, lead by example by making a balanced plate with vegetables, fruit, protein, and portioned dessert. While you’re talking story, share what healthy choices you’ve been making and how good you feel. These small things can inspire changes in others. Let’s talk health with our families this holiday season. I encourage you to start with mālama, supportive talk story, and have fun with making healthy changes.

Interested in learning more? Come talk story with us at Hui Mālama Ola Nā ‘Ōiwi, working 27 years to help our Hawai‘i Island be a healthy and happy place. Call us at 969-9220.

Hele mai, come see us... and tell them Aunty Edna sent you!
Influenza, commonly known as the “flu”, is a contagious respiratory illness caused by flu viruses. Some of the symptoms of influenza include:

- Fever/chills
- Sore throat
- Cough
- Muscle aches
- Headache
- Runny or stuffy nose

Getting the flu is no fun! Make sure to get your flu shot today. Getting the flu shot is the best way to prevent you from getting the flu, decrease the severity of a flu if you contract it, and keep you from spreading the flu to your family and other people.

Where can you get a flu shot? Most insurances are accepted and no appointments are needed at the following pharmacies:

**Longs Drugs Downtown**
Hilo 555 Kilauea Avenue

**Shiigi Drug**
333 Kilauea Avenue, Suite 109

**Longs Pharmacy Hilo Shopping Center**
1251 Kilauea Avenue, Suite 190C

**Walgreens Hilo**
301 Makaala Street

**Longs Drugs Prince Kuhio Plaza**
111 E. Puainako Street, Bldg. E

**Longs Pharmacy (located in Target-Hilo)**
391 E. Makaala St.

**Longs Pharmacy Ponahawai**
670 Ponahawai Street, Suite 213

**Longs Pharmacy Puuhonu**
82 Puuhonu Place, Suite 103

**Safeway Pharmacy Hilo**
381 East Makaala Street

**Sack n Save Hilo**
2100 Kanoelehua Avenue

**Safeway Pharmacy Hilo**
381 East Makaala Street

**Longs Drugs Waimea**
65-1271 Kawaihae Road

**Did you know if your child turns 3 years old between August 2018 & July 2019 AND completes their 19 immunizations, they can receive a FREE backpack or sleeping bag? Just submit their immunization card to our office in Hilo to pick your prize!**

**The 19 required immunizations include:**

- DTP/DTap 1
- DTP/DTap 2
- DTP/DTap 3
- DTP/DTap 4
- IPV 1
- IPV 2
- IPV 3
- MMR
- Hib 1
- Hib 2
- Hib 3
- HepB 1
- HepB 2
- HepB 3
- VZV
- Pneumococcal 1
- Pneumococcal 2
- Pneumococcal 3
- Pneumococcal 4

For more information about our Immunization Program, call us at (808) 969-9220.

**Safeway Pharmacy Kona**
75-1027 Henry Street

**Foodland Waimea**
67-1185 Mamalahoa Hwy #100A

Do you know if your child has received all recommended immunizations? Hui Mālama can help! Call (808) 969-9220 for more information on vital vaccines.
Get ready for a healthy Thanksgiving meal by coloring in the **healthy foods**. Make sure to put some fruits and veggies on your plate!
### November 2018

**Hui Mālama Ola Nā ‘Ōiwi**

**Live Longer & Feel Better, Together!**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td></td>
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<td><strong>CLASS SIGN-UP:</strong> Most classes offered are 3-weeks long (one session a week). Please call or visit us online to sign up. <strong>Call us for Healthy Hāpai class time in Kaʻū.</strong></td>
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<td>10:30AM Basic Stretch &amp; Strengthening - Naʻālehu</td>
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<td><strong>3PM Yoga - Keaukahua</strong></td>
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The Ola Ola is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number H1CC300013, Native Hawaiian Health Care with grant amount of $2,377,840.00. 20% of Hui Mālama Ola Nā ‘Ōiwi services are financed with non-governmental sources. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.